

A Commitment to Health

Overweight and obese children are major concerns in the United States. Evidence indicates that poor nutrition, physical inactivity, and obesity are associated with lower student achievement.



Recognizing that schools have more influence on the lives of young people than any other institution, the U.S. Department of Agriculture (USDA) and Team Nutrition encourage all schools to take a leadership role in helping students learn to make healthier eating and physical activity choices that will last a lifetime.

“Obtaining a HUSSC award builds a sense of pride and puts you a step above the rest in regard to child nutrition, and the result is that kids are better for it.”



“Pat yourself and your staff on the back for a job well done. Receiving an award is a rewarding adventure!”



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Distributed by:
Montana
Office of Public Instruction
Denise Juneau, State Superintendent

Team Nutrition Program
Montana State University
PO Box 173370
Bozeman, MT 59717
Phone: (406) 994-5641
Project Director: Katie Bark, RD
E-mail: kbark@mt.gov

http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/HealthyMT.html

School Nutrition Programs
Office of Public Instruction
Helena, MT 59620-2501
Phone: (406) 444-2501

http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/



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Healthy School Award Programs



HealthierUS School Challenge and Healthier Montana Menu Challenge

Recognizing Excellence in Nutrition and Physical Activity

March 2011



Rewarding Excellence in Nutrition and Physical Activity

Why Apply?

The Montana Team Nutrition Program invites all Montana schools to apply for either a Healthier US School Challenge or a Healthier Montana Menu Challenge Award and will assist schools in the application process.

- Gain community recognition for your school's award and national recognition on the Team Nutrition Web site.
- Be a leader. Champion your efforts in teaching students about healthy eating and lifestyle choices they will use throughout their life.

Applying for either Challenge is an opportunity to make your school the healthiest place possible and to achieve recognition for your outstanding school food service program!



If you are interested in applying for an award, please contact Molly Stenberg at the Montana Team Nutrition Program by telephone, (406) 994-7217, or by e-mail, stenberg@montana.edu, prior to starting the application process.

Be a Healthy School Champion!

Healthier US School Challenge

The USDA has established the Healthier US School Challenge (HUSSC) to recognize schools that create healthier school environments by providing nutrition education, nutritious food and beverage choices, physical education and opportunities for physical activity.

The Challenge focuses on a three-component approach to enhancing school environments: 1) healthy school lunches and competitive foods, 2) nutrition education, and 3) physical education and activity.

The Healthier US School Challenge (HUSSC) is a voluntary initiative established by the USDA that offers financial incentives to schools that receive awards.

There is an award level to fit any school:

- **Bronze (\$500)**
- **Silver (\$1,000)**
- **Gold (\$1,500)**
- **Gold Award of Distinction (\$2,000)**

To receive a Healthier US award a school must:

- Participate in the National School Lunch Program (NSLP), and be a Team Nutrition school.
- Offer reimbursable lunches that are consistent with the Dietary Guidelines for Americans and meet USDA nutrition standards.
- Support the school district's wellness policy implementation efforts.
- Meet or exceed Healthier US Criteria established for:
 - ⇒ Average Daily Participation in the NSLP
 - ⇒ Nutrition standards for meals and competitive foods and beverages
 - ⇒ Nutrition education
 - ⇒ Physical education and activity

For more information and application materials, visit the USDA's HUSSC Web site:

www.fns.usda.gov/tn/healthierus/index.html

Healthier Montana Menu Challenge

The Healthier Montana Menu Challenge is a recognition program based on the Healthier US School Challenge criteria, but focuses only on the school nutrition programs and does not require a minimum student participation level.

It allows schools to apply for an award for their breakfast program. **There are a limited number of \$500 incentives available for the breakfast award.**

How does it work?

- A menu-based recognition program that sets nutrition criteria for breakfast, lunch and competitive foods;
- Recognizes schools serving healthy meals that are consistent with the 2010 Dietary Guidelines for Americans; thereby allowing more Montana children the opportunity to enjoy whole grain foods, fresh fruits and vegetables, low-fat dairy foods and low-fat entrees;
- Supports youth in fueling healthy bodies and smart minds; and
- Applications are open to all schools, regardless of participation level in their school meal programs.

For more information, visit:

http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/HealthyMT

